



Minnie Mouse & Daisy Duck's Tea Party Recipes



ZUCCHINI CARROT MUFFINS

Ok, zucchini and carrots may not be at the top of every preschoolers' favorite-food list, but add cinnamon, cocoa powder, and a little sweetener, and your healthy muffins are as easy to eat as 1-2-3!

Ingredients:

- ✿ 1 ½ cup whole wheat flour
- ✿ ½ cup granulated sugar substitute like xylitol
- ✿ ½ cup brown sugar substitute like Splenda
- ✿ 1 teaspoon baking powder
- ✿ ½ teaspoon baking soda
- ✿ 1 tablespoon unsweetened cocoa powder
- ✿ ½ teaspoon ground cinnamon
- ✿ ½ teaspoon salt
- ✿ ¾ cup zucchini, finely shredded
- ✿ ¾ cup carrot, finely shredded
- ✿ 1 cup low fat milk
- ✿ 2 tablespoons canola oil
- ✿ 3 large egg whites, beaten
- ✿ 1 teaspoon vanilla extract
- ✿ ½ cup sugar-free jam



Directions:

1. Preheat oven to 375°F.
2. Spray mini muffin tins, or a regular-sized muffin tin, with non-stick cooking spray. Or use paper muffin tin liners.
3. Place flour sugar substitutes, baking powder, baking soda, cocoa powder, cinnamon, and salt in a large bowl, stirring to combine.
4. In a medium bowl combine zucchini, carrot, milk, oil, egg whites, and vanilla extract.
5. Make a well in the dry ingredients and pour in zucchini mixture. Stir until just combined. Spoon batter into prepared muffin tins and bake until a toothpick inserted into the center comes out clean, 20 minutes for mini muffins and 35 minutes for regular sized muffins.
6. Serve warm with butter substitute.

Makes 36 mini muffins or 12 regular sized muffins.

REMINDER TO SELF: Ask parents if children have any food allergies!